



# Westwood for All Ages An Age Friendly Community

## Your Help is Needed

Westwood is committed to being a place where seniors can continue to live healthy, independent, and active lives even as their needs change over time.

**Pascack Valley Meals on Wheels**, in conjunction with the Borough of Westwood, is leading an initiative to enable Westwood to fulfill its commitment and be a livable community for people of all ages.

As a first step, the project is obtaining information about the community's resources for its seniors and identifying needs to be met.

To be part of this exciting project please call Jeanne Martin at the Meals on Wheels office:

201-358-0050

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